



APRIL WORKOUT OF THE MONTH

Jones

Warm-up 5-10 min

Perform 1 minute of push-ups and 1 minute of curl-ups. Note your scores.

Locate a 400m track or map out a 400m distance.

Run six laps with 1 minute of rest in between each lap. This can be increased to 1.5 minutes for less conditioned Sailors. Each lap should be approximately 70% of each Sailors max speed.

Perform 1 minute of push-ups and 1 minute of curl-ups. Try to beat your earlier scores.

1 lap cool down, walking or light jog.

Perform the 12 Navy Stretches located in the Command PT Guide

Be smart, be active!